

## Hearing Conservation POD Notes

### POD Note #1:

Noise hazardous areas defined as follows:

Any work area where the A-weighted sound level, (continuous or intermittent), is routinely greater than 84dB.

Any work area where the peak sound pressure level, (impulse or impact noise), routinely exceeds 140dB.

If you suspect an area may have hazardous noise, contact your NSA New Orleans Safety Officer at 678-2201 or 678-2202.

### POD Note #2:

All hands are reminded to wear proper hearing protection when working in noise hazardous areas, or when working with noise hazardous equipment. In general, single hearing protection is required for noise levels above 84 dab, and double hearing protection is required for noise levels above 104 dab. See your supervisor for proper hearing protection.

### POD Note #3:

Personnel working in or entering, designated noise hazardous areas shall wear the appropriate hearing protection devices.

### POD Note #4:

Hearing Protection: All hands are reminded to comply with hazardous noise labels and signs wherever posted, either in spaces or on equipment, and properly wear assigned hearing protective devices (earplugs and/or ear muffs).

### POD Note #5:

HUH? Hearing loss from continuous noise is permanent. You hardly realize you are loosing your hearing until it is gone. The Navy has a Hearing Conservation Program to help prevent hearing losses. This program consists of identifying noise hazards, posting noise hazards, providing hearing protective devices and providing regular hearing tests. You can contact your safety supervisor or the NSA Safety Officer to have the noise measured in your work center reviewed.

### POD Note #6:

All hands are reminded that personnel working in or entering designated hazardous noise areas shall have hearing protection devices available at all times. When noise sources are operating, personnel shall use their hearing protection devices regardless of exposure time.

### POD Note #7:

All hands are reminded to pay attention to hazardous noise labels. Don't let your laziness or momentary carelessness result in permanent hearing loss - wear your assigned hearing devices.

### POD Note #8:

Tired of hearing about wearing earplugs? Stop wearing them in noisy environments and you may not hear about it anymore. Questions? See the MDR or contact NSA Safety Department.

### POD Note #9:

All hazardous noise areas greater 84dB will be labeled with the appropriate hazardous noise warning labels (signs). If you are cleaning and painting, and happen to remove a sign, contact your safety supervisor or MDR for a new one.

POD Note #10:

What provides more protection? Ear plugs or ear muffs? Each hearing protection device has a Noise Reduction Rating (NRR). This tells how much that particular device will reduce the noise. Earplugs generally have a greater NRR than earmuffs. But neither provides protection unless worn!

POD Note #11:

All hands will comply with hazardous noise labels wherever they appear, either in spaces or on equipment, and properly wear assigned hearing protective devices. Additionally those personnel assigned to the ship's hearing conservation program will undergo an annual hearing examination.

POD Note #12:

Hearing Protection: Did you know that walkman-style earphones generate more sound than a jackhammer? Listening to music at high volume is a threat to your hearing. When you're listening to your favorite albums keep the volume down and you should be able to hear everything that's going on around you, also.

POD Note #13:

Do you know that listening to your Walkman on a volume setting of 10 may produce over 100 dB? The Navy requires its personnel to wear single hearing protection at greater than 84 dB. Conserve your hearing!

POD Note #14:

All hands shall comply with hazardous noise labels wherever they appear, either in spaces or on equipment, and properly wear assigned hearing protective devices. Contact the Medical Department representative for earplugs.

POD Note #15:

Dual hearing protection consisting of both insert type and muff type devices shall be worn in all areas where sound levels exceed 104 dB.

POD Note #16:

Safety Reminder: If entering or working in designated hazardous noise areas, ensure you have hearing protection available and that you use them when high noise levels exist.

POD Note #17:

Hearing Conservation: All hands are reminded that the sponge earplugs are not intended for repeated use. Stop by medical and the corpsmen will verify your size and custom fit you with a pair of rubber ear plugs for you to retain. If you use sponge earplugs, throw them away when they appear soiled.

POD Note #18:

Personal Hearing Protection Devices - "Personnel working in or entering designated hazardous noise areas shall have hearing

protection devices available at all times." Double hearing protection will be needed when sound levels exceed 104 dB.

POD Note #19:

HOW LOUD IS LOUD? If you're not sure if you're in a noise hazardous area consider the following examples:

Normal conversation occurs at 60 dBa.

A forklift operates at 85 dBa.

A paint chipper operates at 100 dBa.

Most Rock concert's you attended reach at least 115 dBa.

On board ship hearing protection is required above 84 dBa.

POD Note #20:

NOISE HAZARD AREA is any work area where the noise level, continuous or intermittent, is routinely greater than 84db. To work in this area hearing protection is required and signs shall be posted.

Remember: hearing damage is permanent, it is not OK if the perception of hearing returns. The damage has been done. Save your hearing to hear the important sounds in your life.

Wear hearing protection.